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In the Claims:

1. (Cancelled)
2. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:
 - a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation phases and exhalation phases, the combination having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle; and
 - b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle,

wherein generating [[a]] the human perceptible indication comprises generating an audible indicator by adjusting a musical tempo associated with a music score and incorporating the audible indicator into the music score.
- 3-7. (Cancelled)
8. (Currently Amended) ~~The method of claim 1~~ A method of presenting audible and visual cues to a human for synchronizing a breathing cycle with an external timing reference for purposes of synchronizing a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:
 - a) generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to a period of time having a combination of the inhalation